

# counseling and Human Development

tion, example, and in an environment of love and encouragement. She further states that "Successful disciplinarians are apt to have happy, well-adjusted children."

The approach is common-sense and down-to-earth. As the sub-title implies, the tone is encouraging and optimistic. The book is structured in four major sections: Don't Be Afraid to Discipline, Some Approaches to Discipline that Work, Some Special Discipline Cases (involving divorce, single parenting, step-parenting, and working mothers), and Useful Information for Parents (age-related behaviors; references for additional assistance).

The book is laced with examples and case descriptions. It seems modern and up-to-date in dealing with topics such as child abuse and the special problems of adolescents. The discipline approaches stress the importance of parental modeling, consistency, and the need for children to develop self-esteem.

Although some counselors may find the concepts elementary, the book is an excellent reference for parents, particularly in family counseling situations in which home discipline is clearly a factor. The book is expertly written and will certainly be of help to readers. The publisher of this 212-page paperback is the Lewis Publishing Company/Stephen Greene Press, Brattleboro, VT 05301.

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